

# Women and Children Helped by Clinic

The WIC Program, (which stands for Women, Infants and Children), is a supplemental food, nutrition and health pro-

## Health Department November Clinic Schedule Set

*1 Nov 1984 W200*

1st IMMUNIZATION CLINIC  
(10 to 1). BLOOD PRESSURE  
TESTING CLINIC (2 to 4)

2nd WELL CHILD CLINIC (By  
Appointment)

6th WIC (By Appointment)

9th WELL CHILD CLINIC (By  
Appointment)

13th WIC (By Appointment)

14th EARLY PREGNANCY  
CLASS (7 PM) (\$10 fee or  
scholarship available)

15th WIC (By Appointment)

16th WELL CHILD CLINIC (By  
Appointment)

20th WIC (By Appointment)

gram offered locally through the Wasatch City-County Health Department.

Women who are pregnant, lactating or who have delivered within six months may be eligible for enrollment. Infants under one year and children up to five years of age may also qualify for assistance.

Sponsored by the United States Department of Agriculture, the program is administered by the Division of Family Health Services, Utah State Department of Health, through local health clinics.

The program provides women with foods high in iron, protein, calcium and vitamins A, C, and D. These are believed to be effective in reducing complications of pregnancy, in increasing birth weight of infants, and in providing maximum potential for mental and physical development.

The foods prescribed for infants and children are designed to promote optimal growth during their critical period of development.

Primary concern of the program is to deliver preventive health care. Through dietary

counseling and nutrition education, participants come to understand the relationship between good nutrition and their health. Furthermore, participants needing other health or social services are identified and referred to appropriate agencies.

To be eligible to receive foods under the WIC Program, infants, children, and pregnant or lactating women must meet all of the following criteria:

1. They must be residents of Wasatch County.

2. Must be financially eligible.

3. They are certified by competent professions from the Wasatch City-County WIC Agency as being nutritionally at risk because of anemia, inadequate growth patterns, low birth weight, inadequate dietary patterns, a high risk pregnancy or disease or conditions which directly or indirectly alter nutritional status or the adequacy of dietary intakes.

Anyone interested in obtaining WIC services may call or visit the Wasatch City-County Health Department, 55 West Center, Heber City, Utah, the First, Second or Third Tuesday of each month or call 654-2700.





1985  
BILE

PAIR AND  
AWING

Verl and Delta DeMill went to Neyer, Arizona, Monday, to visit Delta's brother and his wife, Mr. and Mrs. Bill Peterson. Bill is 86 years old and in much better health than he was when Delta went down in July for which she was thankful. They came home Monday.

Guests at the Ray Gertsch home were Lynda Call and family from Payson. LaNae Gertsch came home from Logan where she attends the Utah State University and stayed for the weekend. LaNae and her mother Maeda Gertsch met Bonnie and

supplies and sharing.

2. Industry and work, work to provide for self and family, seeking personal development, give of our time, talents and means to family, ward, stake, neighbors and community and country.

3. Thrift, pay tithing, and obligations, avoid debt, save for future and pay a generous fast offering.

4. Self-respect, attain physical socia and emotional health. Help others help themselves.

Several were advanced in the priesthood. Receiving the Melchizedic Priesthood and of-

things, their room, their bodies, their health, good study habits to work for good marks and scholarships, to study out in their own minds, early the kind of work they can enjoy, are better suited for that can be enjoyed in the financing of their future family.

"Once a task has begun, never quit until it's done, do it well not at all."

One minute of success can erase years of failure for once taste a touch, a smell or a sound of success and one wants, love, seeks, works and strives for more, soon comes self-esteem and one is one the way to success, independence, love of fellow humans and God and his son Jesus Christ.

Take the step from dependence and failure to independence and success.

Other thoughts: Avoid evil everything. "Your neighbor not necessarily near by."

Become self-reliant in the home teach the children by letting them help in the home.

## Obituaries

### Bennett R. Brown

Bennett Robert Brown, infant son of Donald Ray and Alyce Anderson Brown, died Oct. 23, 1984 in Provo, Utah. Graveside services were held Thursday, Oct. 25 in the Hoytsville Cemetery.

### Funeral Sprays

STARTING AT **\$17<sup>95</sup>**

FREE DELIVERY TO OPLIN MORTUARY

Flower

### BIG GARAGE SALE

Saturday